

PERFORMANCE AMBASSADOR CASE STUDY:

WHAT SURGICAL TEAMS CAN LEARN FROM JAZZ.

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ARENA AMBASSADOR: HAROLD O'NEAL



Based on Operating Room Observations From:
Harold O'Neal, Jazz Musician and Performer
Arena Labs Performance Ambassador (Pictured Above)





ARENA LABS PERFORMANCE AMBASSADOR:

HAROLD O'NEAL

PIANIST, JAZZ MUSICIAN & PERFORMER

Harold O'Neal has spent his life pursuing high performance. As a world-acclaimed pianist, he has built a career in jazz that has allowed him to perform with artists like U2 and Jay Z. Harold refines his creative pursuit of performance through breakdancing and the martial arts.

WHY “ENERGY” MATTERS IN MEDICINE

At Arena Labs, we constantly focus on the elements of medical and surgical operations that shape a path to higher performing teams. We are comprised of professionals with a wide range of backgrounds from high-pressure, team environments.

In looking at other cultures that truly cultivate high performance, “energy” is an essential element in moving from average to exceptional. When an individual becomes aware of his or her energy levels and how that energy is projected into a team environment, there is a deeper awareness that allows for regulation and self-control, especially in crisis scenarios.

The demands of surgical operations are naturally stressful. And yet, very few cultures train surgeons, nurses, and technicians in “stress inoculation”, the art of understanding and managing individual physiology and energy.

In the military, whether serving on the ground, at sea, or in the air, the ability to be calm during combat is a learned skill. And, it is treasured not only for management of oneself, but to keep the surrounding team focused and calm. This same truth applies in professional sports and especially, in the performing arts.

USING MUSIC TO UNDERSTAND “ENERGY” IN A SURGICAL SUITE

Harold O'Neal spent a week observing surgical operations with the Arena Labs team. He was struck by the variance in energy levels between operating rooms. Some teams remained calm during stressful events, others allowed energy and focus to slip away, even in cases that should have been “basic” or without pressure.

Harold created the below video as an example of how “energy” changes human emotion.

As you watch this video, take into consideration three factors:

1. Note the speed & tempo in the first musical piece. A team can move fast but still be smooth.
2. Think of each of these pieces as a surgical case. When something goes wrong or the tempo changes, how does the “energy” change?
3. Allow yourself to absorb the energy of the second piece. How do you react?

[Click Here](#) for Jazz Music Composed by Harold O'Neal for MedStar